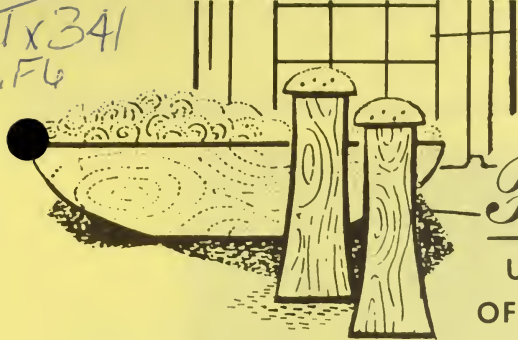


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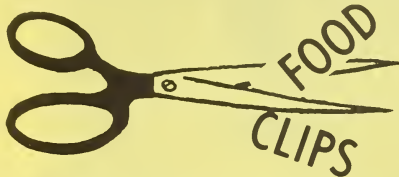
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# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
OFFICE OF COMMUNICATION WASHINGTON, D. C.

October 14, 1974



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Using canned fruit for dessert? Remember, a 29 ounce can yields about seven servings if liquid is served with the fruit; only four or five servings if the fruit is drained

\* \* \*

A half cup serving of most dried fruits provides at least one-sixth of the iron recommended for the normal, healthy person--as a rule of thumb--according to USDA home economists.

\* \* \*

Geese generally are marketed young because weight gained after the first 11 weeks is mostly in the form of fat.

\* \* \*

Did you know that about 90% of the ducks on the retail market are frozen, ready-to-cook?

\* \* \*

Turkeys may be cooked on a rotisserie. Rock Cornish game hens, small, young chickens with lean, tender meat can be left whole or cut into halves and cooked this way too.

## ON FEEDING, YOUNGSTERS

———at noon

National School Lunch Week is being observed across the country this week by special menus for nearly 25 million "customers." This celebrates the twenty-eighth year for the U.S. Department of Agriculture to administer the National School Lunch Program. While the majority of the youngsters pay for their lunches, some 9.3 million are in the free and reduced prices category today, compared with 2.9 million total of five years ago. School lunch programs are now available to 86 percent of total enrollment in the Nation's schools.

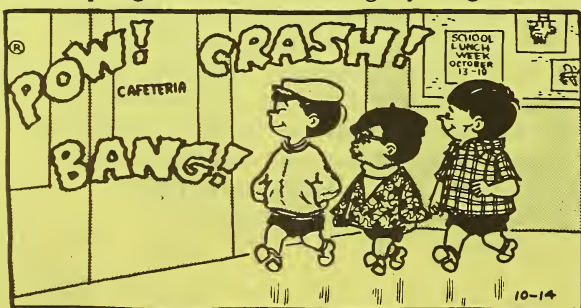
The Food and Nutrition Service of USDA has an "outreach program" to bring more schools into the program and to increase participation in schools that already have the school lunch program. Outreach--a multi-faceted project--requires active participation by all agencies, organizations and individuals interested in providing nutritional noon meals to the Nation's children.



Cartoonist Morrie Turner (right) talking about getting the "good nutrition message" across to children by using his "Wee Pals" cartoon characters. His listener is Jerry Boling, Acting Director, Child Nutrition Division, Food and Nutrition Service, USDA.

## CARTOONIST HELPS MARK SCHOOL LUNCH WEEK

"Outreach" the Food and Nutrition Service (USDA) project designed to encourage more schools to participate in the school lunch program has the volunteer services of Morris Turner, creator of "Wee Pals" comic strip that appears in 100 papers and are read by 25 million people. Through the medium of cartoons, the school lunch program is projected to the youngsters to encourage a talking and thinking awareness to nutrition and of the benefits of the school lunch meals. Characters from the comic strip (below) are also being used in the television spots which explain the school lunch program and encourage youngsters to eat better.



## COST OF FOOD AT HOME FOR A WEEK (August)

	<u>Low-Cost Plan</u>	<u>Moderate-Cost Plan</u>	<u>Liberal Plan</u>
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## Families

Young couple.....	\$26.30	\$33.10	\$40.20
Elderly couple.....	21.30	27.40	32.40
Family of 4 with preschool children.....	37.80	47.70	57.40
Family of 4 with elementary school children.....	44.30	55.90	67.70

## Individuals\*

## Women

20-34 years.....	11.00	13.90	16.50
35-54 years.....	10.60	13.30	15.90
55 years and over.....	8.90	11.40	13.40

## Men

20-34 years.....	12.90	16.20	20.00
35-54 years.....	11.90	15.00	18.10
55 years and over.....	10.50	13.50	16.10

## Children

1-2 years.....	6.30	7.90	9.40
3-5 years.....	7.60	9.70	11.50
6-8 years.....	9.40	11.90	14.60
9-11 years.....	11.00	13.90	16.60
Girls 12-19 years.....	11.80	15.00	17.80
Boys 12-19 years.....	13.90	17.70	21.00

\* Food cost for any family can be figured by totaling costs shown in table for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5, subtract 5 percent; 6 or more, subtract 10 percent.

Note: See Food and Home Notes, June 11, 1973, for more information about food plans and their costs.

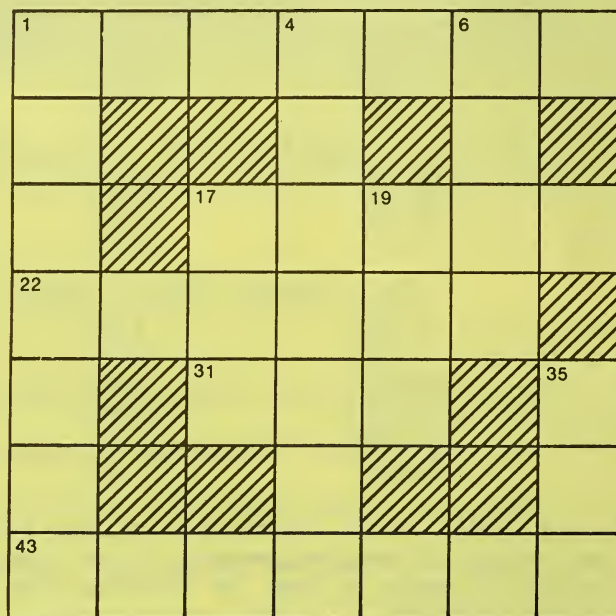
Available to the PRESS only --

## Nutrition Education Pencil Games

A "reproducible" prepared by members of the Nutrition and Technical Services Staff of the Food and Nutrition Service, USDA is printed below to show how nutritional information may be used as a crossword puzzle. Pencil games, such as this one, are printed in a publication called "Ice Breakers" and are available, single copies only, free to the Press. These games may be reproduced for family pages or in children's sections. Write to Food and Home Notes for your copy.

### KNOW YOUR NUTRIENTS

U.S. DEPARTMENT OF AGRICULTURE  
FOOD AND NUTRITION SERVICE



#### ACROSS

1. Nutrient that builds muscles.
17. The measuring stick that measures the energy in your food is a \_\_\_\_\_ ie.
22. A B-vitamin needed to prevent pellagra.
31. You can balance your diet if you follow \_\_\_\_\_ Basic Four.
43. Carbohydrates come from foods that are sugary and \_\_\_\_\_.

#### DOWN

1. A very good energy snack.
4. If you have trouble with your school work you should ask your \_\_\_\_\_.
6. You need this to build strong blood.
17. A balanced diet is more important for you than for your dog or your \_\_\_\_\_.
19. You need more energy to play baseball than you do to \_\_\_\_\_ down.
35. Vitamin C is one vitamin that you must have every \_\_\_\_\_.

NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535A, Office of Communication/Press Division, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-447-5898.